

### Abstract

The disclosure provides fusion implants, instruments and methods for insertion of the implants between opposing vertebral bodies to facilitate stabilization or arthrodesis of an intervertebral joint. A cross section through the longitudinal  
5 dimension of the implant is substantially configured in an "I" shape. In addition to other features, the implants of the invention provide a reduced contact surface area with the interior surface of a bore formed for receiving the implant.